There have been times when I thought there might be something wrong with me. I didn't aspire to be more than I was. I was happy with my life and the things in it. Everyone else around me seemed to be going a 100 miles an hour, always reaching for the next best thing. I feared I was a slacker. Was I not motivated enough? Didn't I have the drive to reach for more?

I love my job, my husband, my family and my dog. I like living in Delphos. There was a time I couldn't wait to get out of here. We all know how that turned out. You don't know what you have until it changes and there's no place like home — wherever that may be.

I also like to go home after work on those few days I don't have to head back out after supper to cover something and just do nothing. I like watching TV with my hubby and furry friend. I don't feel like I'm a failure because I'm not constantly doing something. I know you guys know what I mean. Sometimes doing nothing is just the right something to be doing.

We don't always have to listen to society or mimic what everyone else is doing. Sometimes what's right for others is not so much for someone else. We all have to find a balance that we can live with and be happy and still come out intact at the end.

Always rushing around and packing our days with activity may seem like the thing to do. After all, if our children aren't kept busy 24-7, they may stray and make poor choices. Perhaps some of them are so busy they don't have time to make any choices. They spend their days in school, in sports, in gymnastics, in dance, in this, in that. Parents are tag-teamers making sure everyone gets where they need to be. If one has a commitment on a certain night it can bring chaos — er, more chaos. There is no room for error. Everything has to be perfectly orchestrated or the whole house of cards falls down.

As we grew older, we talked less and once we all started having children, forget it. Your life moves into hyper-drive and unless someone else made the effort, staying in touch wasn't happening. We got all wrapped up in our own little worlds and forgot how much we enjoyed spending time with each other laughing and crying.

The definition of "living" in the dictionary is: having life. So simple. Just two little words. Not

running around like chickens with our head cut off and always trying to be better, bigger and faster. You can be part of life without always having to be the “life of the party.”

I would like everyone to take a good hard look at their lives and see if there aren’t a few things you can do without. Does every evening have to be filled? If you spend a night at home with family reconnecting and touching base, would the earth stop spinning on its axis? Of course not. You just might learn that while you were rushing around under the guise of making your children well-rounded and living up to what our society tells us we should be, all you were really doing was making yourself and everyone else tired.

Take a nap. Then have a conversation with your spouses and children that doesn’t include the day’s schedule all of those things that need to be done TODAY.